The Cavalier
EST. 2001 · DEFENCE EXAM & SSB COACHING · NEW DELHI

150 WAT Examples for SSB Interview 2026

Word Association Test practice list with model responses, sorted by word type, plus the rules assessors look for.

Words shown: 60, one after another

Time per word: 15 seconds

Your task: write the first sentence the word brings to mind

What is judged: your natural thinking and Officer Like Qualities

How to write a good WAT response

1. Positive and practical. Show what a person does, not a sermon about what one should do.

2. Short. Six to ten words you can finish well within 15 seconds.

3. Natural. Write the first sound idea. Memorised lines show, and they break under time pressure.

4. Turn negatives around. For words like Fear or Failure, show how a person deals with it.

5. Vary your ideas. Do not repeat the same theme (army, hard work) for every word.

6. Keep moving. If a word stumps you, leave it and catch the next one. Never chase the old word.

Leader	**Good:** The leader shared the workload with his team.
	Weak: A leader should be good. (vague and preachy)
Fear	**Good:** Facing fear builds confidence.
	Weak: Fear makes people fail. (negative)

The 150 words with model responses

Read them, then cover the right column and write your own sentence for each word in 15 seconds.

Character & Values

1	**Truth**	Truth overcomes all odds.
2	**Admire**	Admiration always boosts confidence.
3	**Early**	Early decisions in life make a person successful.
4	**Strong**	Children are the base of a strong nation.
5	**Curiosity**	Curiosity adds to knowledge.
6	**Laughing**	Laughter therapy helps one come out of anxiety.
7	**Discuss**	Discussion always brings new ideas.
8	**Character**	Good character decides the destiny of a person.
9	**Exam**	Exams test the true skill of a student.
10	**Guide**	Books and novels are the best guides for human beings.
11	**Score**	High scores show high achievement.
12	**Able**	Good ability reveals good quality in a person.

13	**Success**	Success is the fruit of hard work and perseverance.
14	**Precaution**	Precautions are the foundation of safe outcomes.
15	**Struggle**	Struggle paves the way for eventual success.
16	**College**	College life shapes the personality of a person.
17	**Merit**	Hard work leads every student to merit.
18	**Play**	Sports play an important role in building teamwork.
19	**Intelligent**	Everyone becomes intelligent through consistent hard work.
20	**Criticism**	Healthy criticism boosts the confidence of a person.
21	**Hope**	Hope is what sustains life through adversity.
22	**Support**	True friends always support each other in adversity.
23	**Enjoy**	Simple pleasures of life bring the deepest joy.
24	**Mend**	He mended the broken fence before the rains.
25	**Rest**	Rest and hard work go hand in hand for good results.
26	**Delay**	He planned ahead, so the delay did not affect the result.
27	**Solution**	Finding a solution is a work of wisdom and intelligence.
28	**Leader**	The leader shared the workload with his team.
29	**Honest**	The honest shopkeeper returned the extra money.
30	**Courage**	Courage helped her speak up against injustice.
31	**Discipline**	Discipline turns talent into results.
32	**Responsibility**	He took responsibility for the team's mistake.
33	**Decision**	A timely decision saved the stranded trekkers.
34	**Patience**	Patience helped him teach his younger brother maths.
35	**Confidence**	Thorough preparation gives confidence before an interview.
36	**Trust**	Keeping promises builds trust in a team.
37	**Integrity**	Integrity makes a person dependable.
38	**Loyalty**	Loyalty keeps a unit together in hard times.
39	**Determination**	Determination helped him clear the exam on his third attempt.
40	**Initiative**	She took the initiative to start a library in her village.
41	**Punctual**	Punctual habits earn the respect of seniors.

Defence & Duty

42	**Command**	True leaders command respect by their actions.
43	**Team**	Teamwork increases the productivity of a unit.
44	**Weapon**	Non-violence is the most effective weapon to fight hatred.

45	**Firing**	Continuous firing creates tactical pressure among enemies.
46	**Obedience**	Obedience to authority reflects discipline and punctuality.
47	**Crowd**	True leaders always emerge from the crowd.
48	**Help**	He stopped to help the injured cyclist.
49	**Protect**	Brave soldiers protect the nation at all costs.
50	**Death**	The doctor's quick action saved the patient from death.
51	**Afraid**	Training prepares a soldier to act even when afraid.
52	**Enemy**	Peace and non-violence can change an enemy's heart.
53	**Sleepy**	A brisk walk cleared his sleepy mind before the exam.
54	**Strength**	True strength is always the result of unity.
55	**Response**	A quick and calm response is always appreciable.
56	**Manage**	A good officer manages order even in the worst conditions.
57	**Risk**	Calculated risks lead to success.
58	**Army**	The Army rebuilt the flood-hit bridge within a week.
59	**Navy**	The Navy evacuated Indian citizens from the conflict zone.
60	**Air Force**	The Air Force airlifted relief supplies to the cut-off valley.
61	**Border**	Villagers near the border work closely with the troops.
62	**Duty**	He finished his duty before joining the festival.
63	**Mission**	Careful rehearsal made the rescue mission a success.
64	**Drill**	Daily drill builds coordination within the platoon.
65	**Valour**	Valour in battle is honoured with gallantry awards.
66	**Uniform**	The uniform reminds a soldier of his responsibility.
67	**Martyr**	The village school is named after a local martyr.
68	**Victory**	Thorough preparation brought the team victory.
69	**Attack**	A well-planned attack achieves its aim with minimum losses.
70	**War**	Strong defence preparedness deters war.
71	**Terror**	Alert citizens help the police foil terror plots.
72	**Order**	The jawans carried out the order with precision.
73	**Training**	Tough training prepares soldiers for any terrain.
74	**Flag**	The students hoisted the flag on Republic Day.
75	**Parade**	The cadets rehearsed for weeks for the Republic Day parade.

Thinking & Planning

76	**Imagination**	Imagination is as valuable as intelligence.

77	**House**	A united house is the strength of the family.
78	**Think**	Imagination improves the quality of thinking.
79	**Blind**	Volunteers taught the blind girl to use a computer.
80	**Watch**	Watching science-fiction films improves imagination.
81	**Jump**	Jumping exercises regularly improve stamina.
82	**Empty**	Heavy rainfall fills up empty lakes and reservoirs.
83	**System**	Systematic work always leads to perfection.
84	**Hunger**	A meritorious student always hungers for knowledge.
85	**Justice**	Natural justice is always based on the truth.
86	**Distance**	Distance learning is a progressive step toward literacy.
87	**Poison**	Snake venom is used productively in medical treatments.
88	**Kill**	Eliminating harmful insects is a positive step for agriculture.
89	**Plan**	A clear plan divided the work fairly among the group.
90	**Knowledge**	Reading the newspaper daily widens his knowledge.
91	**Wisdom**	Wisdom comes from learning from experience.
92	**Focus**	Focus helped him finish the project before the deadline.
93	**Logic**	Logic helps solve the trickiest puzzles.
94	**Alert**	The alert guard spotted the fire early.
95	**Idea**	Her idea cut the village's water wastage by half.
96	**Future**	Today's hard work builds a secure future.
97	**Time**	Good time management leaves room for both sports and studies.
98	**Goal**	Writing down goals makes them easier to achieve.
99	**Dream**	His dream of joining the Navy keeps him motivated.

Family & Society

100	**Sympathy**	Sympathy is a remedy for those in distress.
101	**Women**	Women always deserve equal respect and opportunity.
102	**Customs**	Customs are the mirror of a society.
103	**Father**	Father is the role model and pillar of the family.
104	**Co-education**	Co-education improves mutual understanding between students.
105	**Brother**	Globalisation fosters a feeling of universal brotherhood.
106	**Thief**	The police exist to protect society from thieves.
107	**Husband**	Husband and wife share the household work.
108	**Teacher**	A dedicated teacher shapes a student into a complete person.

109	**Friend**	A good friend helps you see your mistakes.
110	**Mother**	His mother taught him to respect everyone.
111	**Society**	Volunteers make society stronger.
112	**Neighbour**	Neighbours helped each other during the floods.
113	**Village**	Solar lights changed life in the village.
114	**Teamwork**	Teamwork finished the task ahead of time.
115	**Unity**	Unity in diversity is India's strength.
116	**Charity**	Charity gives the needy a fresh start.
117	**Kindness**	Small acts of kindness make a big difference.
118	**Gratitude**	He thanked his coach after the selection.
119	**Country**	Every citizen contributes to the country's progress.

Negative Words, Turned Positive

120	**Cry**	The rescue team comforted the crying children.
121	**Criminal**	Alert policing keeps criminals in check.
122	**Sorrow**	Joy always overcomes sorrow.
123	**Sad**	A company of good friends overcomes sadness.
124	**Fearfulness**	Experience gradually dispenses fearfulness.
125	**Anxious**	Deep breathing calms an anxious mind.
126	**Harmful**	Proper medication overcomes harmful side effects.
127	**Confused**	He asked his teacher whenever he was confused.
128	**Temper**	Yoga and meditation help control temper.
129	**Childish**	Maturity always overcomes childish behaviour.
130	**Lonely**	Simple pleasures of life overcome loneliness.
131	**Aggression**	Controlled aggression wins matches on the sports field.
132	**Greedy**	Honest traders do not turn greedy during shortages.
133	**Fatigue**	Short halts beat fatigue on long marches.
134	**Dislike**	He worked on the subject he disliked until it became his strength.
135	**Careless**	Regular practice and discipline overcome carelessness.
136	**Murder**	A strong justice system deters murder in society.
137	**Bluff**	Truthfulness and honesty always overcome a bluff.
138	**Fail**	Failure gives the courage to rise and go further.
139	**Fear**	Facing fear builds confidence.
140	**Failure**	Failure showed him where to improve.

141	**Obstacle**	The team cleared the obstacle by working together.
142	**Pressure**	A calm mind performs well under pressure.
143	**Problem**	He listed the causes of the problem and solved them one by one.
144	**Crisis**	Calm leadership steered the company through the crisis.
145	**Danger**	Proper training reduces danger in adventure sports.
146	**Pain**	Physiotherapy helped him recover from the pain.
147	**Accident**	Timely first aid saved the accident victim's life.
148	**Defeat**	Defeat motivated the team to train harder.
149	**Lazy**	A fixed daily routine overcomes a lazy habit.
150	**Jealous**	Healthy competition replaces jealousy with effort.

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